1:Sanders Z-5,4 (1952-1959) 1962 EH1 Greece EH1

755
To cure terrific abdominal pains, or "twisting the navel":
The constant pains and vomiting are said to be due to the untwisting of the navel. If the patient is to recover, his navel must be retwisted. Only a few people know how to do this. The one effecting the cure presses the navel with the index finger of his right hand, holds it firmly and starts walking around the patient. As he turns around he halts — at the head, at the feet, and at each side. He goes around like this seven or eight times and the patient recovers. (Astolia and Arcadia) [753] [826]

Only special women can do this. The one who helps puts a rag around her finger, twists the navel several times until she feels it catch. Then she withdraws her finger and puts a compress on the navel: This compress is composed of blue paper into which some incense melted in *mastica* has been placed. (Spetsai)

Even though some of these practices are restricted to particular regions of Greece, and are carried out by only a few people in a given village, they do constitute a folk approach to healing. But there is one important belief, general throughout Greece, which is associated with illness: the Evil Eye. In one family, in a village near the town of Thebes, some of the members wore amulets which the priest had blessed and into which communion bread had been sewed. Elsewhere in Greece I saw amulets containing splinters of holy wood or earth from Jerusalem, worn around the neck. The women in explaining the Evil Eye said that one cannot always tell who casts the Evil Eye, but that there are some people in the village suspected of doing this and that they are to be avoided or else watched carefully. 751 754 [753]

If a child is believed to be under the spell (that is, shivers and does not feel well), the person suspected can be brought before the child and asked to spit three times to get rid of the curse, or the child can be taken to the priest who reads a blessing. Perhaps the cure thought most efficacious is a secret formula which an older woman passes on to a younger one with the instructions that it is never to be improperly revealed. Not all village women know the formula but only those who have been particularly selected by the wise women, or an older relative, for this purpose. In this village home, the women after much whispered discussion, decided details of the formula would do no harm since we were outsiders and would be leaving soon. Here are the basic elements: 755 [753] [793] [124]

Christ and the Virgin Mary
Passed through a crossroad;
They spread their golden apron
And ate. Crumbs fell on the apron.
They took those crumbs
And tossed them into the sea.
The sea waters were stirred up
And man was cured.

1:Sanders Z-5,4 (1952-1959) 1962 EH1 Greece EH1

755 But again we asked, "How can you be sure that the Evil Eye is the cause of the trouble?" "One can be sure," we were told, "if you take a pan of cold water to a high place, break an egg into it, and notice whether the egg cakes or not. If it does, the child has the Evil Eye but will get well. Or one can drop the coals from the wood of a thorn tree into the pan and, if the coals turn over, one knows that the evil will turn over and the boy will get well. We then sprinkle the water from this pan onto the child." This is one time when the incantation is surely used.

Chrysoula, a wise woman of Spetsai, gave me further information about the Evil Eye that was similar in essentials but differed in details. She said [753] that when her young granddaughter comes back from a walk and is restless and nervous, it is clear that an Evil Eye has been cast, in which case one must test to be sure. To do this, Chrysoula takes the *kanteli* (little oil lamp) from the household shrine and gets a glass of water. She picks up the child, makes the sign of the cross over her three times and then crosses the water three times. After that she dips her fingers into the kanteli and lets one, two, or three drops of oil fall into the glass of water. If the oil spreads or mixes with the water, the child has the Evil Eye; if the drops remain as oil drops and do not mix, then the child is not suffering from the spell. Should it be the Evil Eye, one crosses the child with the water on the lips or forehead and whispers words from the gospel or gives special prayers. [124] But unlike our informants in the village near Thebes, Chrysoula refused to tell us the text of the special prayer because she said she would lose her power; she did say, however, that if she were away from her village she could repeat it. Yet she was ready to fill in many other details.

754 To find out who cast the Evil Eye in a particular case, according to 755 Chrysoula, one gives cloves to three suspected persons with the request that each in turn toss them into the fire. The one whose cloves pop is the one who cast the Evil Eye. There is another way: one can drop three pieces of charcoal into a glass of water, and if any piece floats then the person represented by that piece of charcoal, whether present or not, is said to have cast the Evil Eye. The same procedure was commonly used in Aetolia.

[826] There are also other ways of knowing. People whose eyebrows meet together or those with green eyes can cast an Evil Eye. Even a mother, if she does not take proper precautions, can cast the spell on her own child. Chry- [751] soula told about a relation of hers who looked at her sleeping baby and [827] said, "my, what a nice baby you are!" and failed to spit on it as a guard against the Evil Eye. Four hours later the child spit up some froth and died. A person who learns that he has cast the Evil Eye, and this is often done quite unintentionally, can undo the spell by spitting three times on the neck of the person suffering if he spits without the sick person's knowledge.

869 The children of the home, whether supposed victims or not, cannot help
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feeling the mystery and fear that surrounds the whole discussion of the cause and cure of an illness attributed to the Evil Eye. As they grow older, they understand why the parent of a child or the owner of an animal will say in reply to any words of admiration: *Phtyse* (Spit) or *Phtys' to* (Spit it), at which you must pretend to spit.

It is into such an atmosphere of half-truth, and even harmful customs, that those interested in scientific medicine must practice their profession. They quickly find that patients are often brought to them after the priest and the wise women have done their best and failed. They also know that merely giving a prescription is no guarantee that it will be followed as directed, but may even be blended with folk medicine that makes it ineffective. In Greece today there is one physician for every thousand people, a proportion usually considered adequate in the United States. The difficulty comes with their maldistribution, for over 50 percent of all doctors are concentrated in the Athens-Piraeus area. Consequently, many villagers have to travel long distances to obtain medical treatment, but the improved roads are making such trips less time-consuming.[15]

Once in a while some member of the family has to be hospitalized. An American, thinking only in terms of scientific sanitation concepts, is often amazed at what he observes if he chances into a small Greek provincial private hospital, one of which has been well described by Dr. Ernestine Friedl:

> One knocks on a door and enters a small room about twelve feet square. There are three ordinary iron bedsteads along three of the walls of the room. On each of the beds, fitted with her own bed linens in the typically varied colors of the Greek village, lies a woman patient. Two are older women wearing their brown kerchiefs and dressed in their own pink flannel nightgowns. The third is a young woman without a kerchief, lying on the bed fully dressed. It is not possible to move beyond the door because the entire center floor space is covered with a blanket, around the edges of which five relatives of one of the patients are sitting, just finishing a meal which they have been eating picnic-style. The remnants of bread, wine, and cheese are quickly gathered up as the relatives make way for the new visitors and apologize for taking up so much space. The husband of the young woman is warming some macaroni over a small kerosene burner on a tiny table near her bed. When the food is warm enough he serves it to his wife. The daughter and the husband of the third patient are standing near her bed watching the goings-on. The daughter coughs violently. It is midwinter and she has a cold aggravated by sleeping on a pallet on the floor of her mother's hospital room. A nurse comes in to leave an ice-bag. The daughter helps her mother to adjust it.[16]

Before one condemns too quickly such medical practices, it is well to try to understand some of the cultural factors which explain them. These have

1:Sanders Z-5,4 (1952-1959) 1962 EH1 Greece EH1

796 and godparents in order to beg their forgiveness. Before the evening meal
[783] begins the younger members of the family kneel before their parents to ask their pardon for a wrongdoing and to receive a blessing. Carnival is definitely at an end.

796 Over and over again I asked local informants how many of the people
785 kept the Great Fast before Easter. In the villages the replies were often as
262 high as 80 percent of the older people, but more and more it seems that the younger generation keeps the fast for the one week immediately following Cheese Sunday and then takes it lightly until the Holy Week just prior to Easter. The villagers do not find it hard to give up meat because they actually have little available, but they do find that doing without eggs and cheese is restrictive. The pious manage to live on vegetables, bread, olives, and fruit.

796 Lent gets off to a frantic start with Clean Monday (*Kathara Deftera*),
[783] which is supposedly a period of purification of body and soul. Kitchen
[356] utensils are polished until they shine, walls whitewashed to make them look like new, floors scrubbed, and everything made ready for the big holiday
[574] which is in store. Townspeople in particular spend this day with their families on a picnic, with many localities having favorite spots that may originally have had a sacred meaning.

[533] Eight days before Easter is the Day of St. Lazarus. On its eve the young
[574] girls sing what are called Lazarus songs, and on the day itself they go visiting. They are decorated with flowers and hold palm or laurel branches in their hands. They represent the death and resurrection of Lazarus and re-
[535] ceive presents in return for their performance. On this day, too, there are frequently dances in the village squares.

[778] On Palm Sunday the palm or laurel branches are woven into the form
[787] of a cross, around which several folk beliefs center. For example, some vil-
[751] lagers believe they can tell the future from the cross; and others say this palm cross can be used against the Evil Eye.

[356] Holy Week finds the emotional build-up for Easter increasing day by day. On Monday the housewives put everything in order, particularly if bad weather previously has kept them from getting all the cleaning done. The devout go to church, usually in the evening, although a liturgy is held in
[825] the morning as well. In some villages the residents may tie rags in their front door to keep away insects. On Tuesday the people do very little regular work because, as the housewives put it, "we are getting ready for
[788] Easter." On Wednesday those attending the morning service are anointed
[252] with oil on the forehead, chin, and cheeks (sign of the cross) and, in rural areas, new yeast is prepared in the church and distributed to families for use throughout the year. On Holy Thursday everybody takes the afternoon off, "for it was on this afternoon that Christ was seized." To commemorate the crucifixion in the evening service, the priests read twelve passages from

1:Sanders Z-5# (1952-1959) 1962 EH1 Greece EH1

474 [652] get a cooperative, we will have to wait a year to get a loan approved, and by that time we will have no need for the money." They thought that from 12 to 14 percent would be the customary interest charges set by the cooperative and the Bank and also assumed that security requirements would be very high.

[249] [664] [124] Peasants in the tobacco-growing areas in Northern Greece appreciated the fact that cooperatives there tried to introduce mechanization and also, from time to time, did some lobbying in their behalf. When in 1953 we asked the commandant of gendarmerie for Volos, who was in close touch with the villagers, about their views toward cooperatives he replied: "With the occupation and the war the cooperative conscience more or less disappeared. Now it is reviving and if things go normally there will be quick improvement. One reason for the difficulty is the effort by the government to mix politics in with the cooperative movement. Now the cooperatives undertake no teaching function. They did this before the war, which partially explained what success they achieved. Before the war, if a person wanted to be on the council of the cooperative, he had to go through special training. [654] The authorities say that they will do this again, but the Ministry of Agriculture is centering its teaching approach in the newly formed Agro Clubs."

He thought that in his area about 60 percent of the cooperatives were working and that 40 percent were either anemic or altogether defunct. [241] Around Volos the producers' and marketing cooperatives organized on a commodity basis — vegetables, dairy, fruit, olives — worked better than the [652] general-purpose or purely credit type. Very often, he pointed out, the relationship between the local cooperative and the representatives of the Agricultural Bank is strained, for the local council will give inaccurate information to the Bank, saying that a would-be borrower has twelve acres of land when he really has only five.

474 178 [621] One of the most interesting examples of the blending of traditional and modern mutual-aid practices was found in Kalivi, a village of about 2500 in Attica. This village owned some pasture land. In 1914 it formed a committee which took charge of the management of this community land, deriving revenues for the community. In 1920 there was talk of organizing a cooperative, but it did not really get under way until 1926, at which time the village pasture land was turned over to the cooperative which superseded the former committee. Thus, the transition from the older social form [652] to the cooperative went smoothly. The Agricultural Bank had helped the local people decide what was the best kind of cooperative organization for their purposes. They decided that membership should be compulsory for all family heads. In 1928 the cooperative acquired a threshing machine with [243] the funds obtained from the pasture land. This machine as well as newer ones were in use when I visited the village near the middle of June 1953. [293] [751] Organized pandemonium seemed to reign as new loads of wheat sheaves

1:Sanders Z-5,4 (1952-1959) 1962 EH1 Greece EH1
Kalivi, Attica

were fed to the threshing machine by the girls, who were wearing goggles and what seemed to be gas masks to protect them from the dust. The women also were wiring the bales of straw which were taken away to be stacked. The president of the community told me:

> Anyone who wants to work signs up. Every fifteen days we put on a new crew so that quite a few people are employed and paid. We do have to keep a small permanent crew on the job throughout the threshing season, which lasts about sixty days, but almost every family has a chance to get some benefit. We only do the wheat belonging to the people of our community. We determine by lot the order in which a family's wheat is to be threshed. All the people bring their grain here, for we can thresh it much more cheaply than they could do it with animals.

We then went into the large olive-pressing plant, built in 1948, with a loan of about $30,000 from the Agricultural Bank, and learned how this part of the cooperative's business was conducted. We learned that each family's batch of olives, like its wheat, was processed separately and that it gave 8 percent of the oil to the cooperative, which is a standard amount taken by presses over Greece, plus an extra 3 percent contribution until the machinery is paid for. After that, it will have to pay only 4 instead of the customary 8 percent. When I noticed an icon in the pressing plant, the manager said that they asked the priest in to bless their work at the beginning of the season. Another man in the company remarked, "we like our religion, but we don't like our priests," a comment with which the others seemed to agree.

The more I learned about this cooperative in Kalivi, the more I realized what a shrewd investment the pasture land had been. The cooperative accumulates no money for itself but reinvests all profits into public works or special funds as determined by the directors of the cooperative. For example, a doctor is paid out of a cooperative philanthropic fund in return for looking after the poor of the community free of charge.

In addition to this general cooperative, to which all family heads belong, there are in Kalivi five other cooperatives. First, there is the credit cooperative explained to me as follows: "Since many people here have to depend upon the Agricultural Bank for loans, the credit cooperative gets the money for them and they do not have to make the contact themselves. If a local peasant wants sulphur or insecticides, the cooperative gets all that is needed. The individual then owes the cost to the cooperative. He pays no membership dues. Both men and women belong." It so happened that the president and the secretary of the community, plus three other people, made up the five-man executive committee of this credit cooperative.

Second, there is a livestock cooperative which the owners of the five thousand sheep in the community support. The members number forty,

2:Friedl E-5 (1955-1959): 963 EH1 Greece EH1
Vasilika

impression of a single unit instead of looking like a haphazard collection of garments. Kitchen utensils as well as farm equipment are kept in the storehouses or in the part of the lower floor used for storage. Thus village rooms, even the all-purpose ones, have a bare look. Since even kerosene burners are usually kept in storage places when they are not in use, the visible equipment in village rooms is not an accurate index of the family's utilitarian property. The use of the storage spaces, always hidden behind at least a curtain if not a door, has some of the quality of the well-known circus act in which a small army of midgets emerges from a tiny automobile. Carafes of wine, chunks of cheese, eggs, coffee, olives, rice, and coffee grinders, kerosene burners, flour, troughs for carrying bread, pots and pans, as well as farm produce and equipment such as cotton, tobacco, pruning shears, long needles for tobacco stringing, chemical fertilizer, and the like, appear when they are required as one or another member of the household disappears into the storage space and, after a short time, comes out with the necessary article. Only bread and recently purchased items are commonly visible in the village rooms. The loaves are placed on a high shelf and the women sometimes cover them with a cloth.

Orderliness in the village homes, then, is the result of a preference for keeping living space fairly free of equipment needed for household and farm chores, and, indeed, keeping this equipment hidden from view. The women spend considerable time and energy taking things out and putting them away, particularly because they make no special effort to provide a regular place for each item.

What the villagers do object to is, as we have seen, the dirt, the dust, and the mud that accompany so much farm work and that they try to keep away from themselves and from their good clothes and out of their houses. Cleanliness consists in keeping mantel-covers snowy white, in washing and pounding rugs once a year, in scrubbing wooden floors and staining them with a yellow dye before a feast day, in seeing to it that steps, terrace, outhouses, and, occasionally, the entire house are whitewashed before Easter, in having washed and ironed table cloths and napkins for guests, in wiping glassware just before glasses are used so that they will shine, and in wiping grease off the edge of a plate. Cleanliness does not consist in a concern for scientific sanitation; soiled aprons, for example, may be used as dishcloths. Once a cloth has dusted or polished or dried any article, and so removed all surface evidence of soil, the article is clean in terms of the villagers' concept of cleanliness. Such cleanliness, however, is regarded as essential for good housekeeping.

The women of Vasilika have no sense of urgency about accomplishing household tasks for the tasks' own sake. Although they ordinarily wash dishes from the previous night's meal, make beds, and sweep in the early morning, other tasks, including bread-baking, are put off until conditions are favorable and they choose to do the jobs. The chores do not rule the women; the women have control of the chores. The order in which they are done, and the particular time a woman decides to work at them, is up to her. It is the end result that matters.

2:Friedl E-5 (1955-1959) 963 EH1 Greece EH1
Vasilika

committed humanists and assume that once these traits are developed each man will have the strength to face life and its *vasana* (trials and pains). Since they believe that children, by virtue of being human, have these traits inherently, the family's obligation lies in developing the traits to the point where the child, when he becomes an adult, can fend for himself. But until he is capable of independence in this regard he is especially vulnerable, and he is both subjected to the strains which parallel those he will have as an adult and also bolstered by the protective sheltering devices which supplement his own gradually developing abilities.

The process of caring for infants even during the first four months of their lives furnishes illustrations. Vasilika's infants are dressed in diapers and shirts and are than wrapped, with their legs straightened and their arms held down at their side, first in several blankets and then in swaddling bands. The result is a firm but not tight enclosure of the entire baby except for his neck and his head. Mothers explain that the swaddling is meant for the physical protection of the infant against cold and against objects which might hurt him. They also explain that only by restraint of the infant's random movements will he be able to grow straight legs and back.

But when one watches a mother wrap her infant and sees her make the sign of the cross three times with her fist over the baby before putting the swaddling bands on, and when one sees her make a spitting gesture three times toward the infant before placing on the swaddling band itself the blue bead that is supposed to protect against the evil eye, it becomes clear that the process of wrapping an infant is meant to provide a spiritually protective enclosure too.

Babies' helplessness makes them especially penetrable to the evil forces of human envy and under these circumstances external spiritual or even magical forces are believed to be necessary. Children up to adolescence are considered vulnerable, as we have seen, and this is expressed, among other ways, in the encouragement they get to participate in the formal religion of the village. They are brought to some church services as infants (except that both mother and infant are secluded at home and are specifically prohibited from entering the church for the first forty days after birth) and by the time they are three years old, children can stand quietly near an older member of their family through the entire two-hour Sunday liturgy. Parents encourage their children to join the young girls of the village in the Good Friday and Easter preparations as part of an expressed expectation that it will be good for their health. Fractious or complaining children, even when not ill, are thought to be suffering from the effects of the evil eye and may be taken to the priest for a special individual blessing to help dispel the influence.

As we have seen in connection with the blessing of a new house and its permanent sacred corner, God's protection and man's pleas for His grace continue as an accepted part of the life of the adults of the village. Here we may add briefly that this remains true even though adult men attend church services less frequently than women and ritual abstinences during Lent and similar formal requirements of the Greek Orthodox Church are not rigidly or systematically ad-

/66 cont./ are so affected by the circulating stories that they send their patients to /67/ the Saints as their last resort.

Crosses and certain signs are carried by strong believers. The evil eye is strongly believed in and special written prayers wrapped up in waterproof cloth hang around their necks.

Cleanliness is an asset of the Caucasians and they take weekly baths and change their clothes. The Thracians, who live more the primitive type of life, never bathe their bodies but only their heads. They still believe that the holy oil which the priest put on them at their baptism is on their body and bathing may wash it away. The influence of this belief is less among the younger generation and in the near future it may disappear. One would naturally expect more disease and sickness among the filthy Thracians, but just the opposite is proved by the figures of a survey. These people do not cooperate so strongly with the doctor and the nurse and still they have the healthiest children, the least disease and the lowest death rate. The diet of the Thracians is poorer than that of the Caucasians. They seldom cook and eat mostly raw vegetables, poorly-baked whole wheat bread, but more /68/ dairy products, such as cheese, milk, and sour milk (gioghourt).

Their clothing is made out of wool. Men, women, and children, even in the hot summers, wear woolen clothes.

Washing the teeth is unknown among these people, except among those who have had a chance to go to high school or worked in cities. There was one dentist in the nearby city and the area and the city included had a population of 130,000. He could not make his living in this population and was planning to move to a larger city and visit the area once a week.

People often think it is a crazy idea to put tooth paste in the mouth and shine the teeth. Their diet of vegetables, and black whole wheat bread keeps the teeth shining and healthy. This does not mean that there are no people with bad teeth, but they are very scarce and the local experienced dentists do the job without reward.

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/70 cont./
Making use of their prosperous crop years, farmers have enlarged the houses and added more rooms and thus improved their houses. The usual type is a three room house, storeroom, kitchen and bedroom. The habit of the whole family sleeping in the same room still prevails. Most families have screened their houses against mosquitos and flies, but the floors still remain the same mud built.

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PART VI Education

Various aspects of informal education. The people of Megali Vrisi are hungry for education and value its importance in their lives. When they arrived at their half-ruined village, before taking care of their own shelter, they built the school by sacrificing the lumber of their houses.

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/71/ Church and school are the two outstanding institutions which influence more than anything else the lives of these people. More than 97 per cent of the Caucasians know how to read and write, and six among them have even completed their high school work. The Thracians on the other side are illiterate., Only 4 per cent of the older people know how to read and write, but the younger generation that has the chance to attend the school, know how to read and write.

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The local grammar school includes six grades with one teacher. He divides his students into two groups, and half of them come in the morning and the other half in the afternoon. The teaching schedule is prepared by the Ministry of Education and the teacher is closely inspected by the regional inspector as to his ability to follow it. This heavy program hinders the teacher from taking active part in the village social life.

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Teacher's position in the village. A teacher and a priest are highly honored and their presence in coffee houses is not desired. Besides the training he gives to the children at the school the teacher follows his students in their homes too. If a mother

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he worships her like the Virgin. A derisive Dodecanese anti-Mussolini song, composed during Italian occupation, makes casual reference to God and the beloved Virgin of the Island.

HEALTH

The stock phrase for beginning a Greek letter is "We have health and health we wish for you." A frequent form of greeting and good-bye is "Health to you", and this is also said to anyone who sneezes. Anyone wearing a new article of clothing is greeted with the wish that he wear it with health. The question "How are you? Are you well?" asked upon a meeting with someone, are real questions, requiring an answer. Health is good and important, it is desired, but it is not a preoccupation. The wish for health is not a sanction; one of the child care manuals uses this sanction in urging mothers not to let their young children play with the neighbourhood children for fear of contracting infections, but the other urges the mothers not to worry about microbes, since association with others is of primary importance. In general, however, health is not a motivation in nutrition, recreation, or housing. And human relations are definitely more important. It is terrible to send a member of the family to the hospital unless, of course, it is necessary for an operation. Because of this attitude, tuberculosis often spreads through the family, since very often not even the barrier of self-protection will be introduced between the ailing and the well. Added to this is the fear that, if tuberculosis is known to be in the family, it will be hard to get a son-in-law. However, if an operation is required, a woman will go alone from a village to a hospital in Athens. There is no rejection by her family involved here; in addition, the pattern of fortitude is evoked.

In general, people do not go to a doctor unless something is very wrong. They do not go for a general check-up, although the habit of going to maternal and well-baby clinics is gaining ground. If anyone is unwell, home remedies are first resorted to, and probably the wise woman who knows about herbs is called in. The manuals on child care have long sections, covering about a third of the book, on home care and the diagnosis of disease; and they urge the use of traditional remedies: cupping, the use of camomile and other herbs. When a serious illness is recognized, the doctor is called and vows are made to the Virgin or the appropriate Saint; a mother may vow a foot pilgrimage, or 40 daily obeisances over a period of time, or the gilding of the hands of an ikon. Much illness arises from the evil eye or magic spells, and can be counteracted by magical practices.

The tuberculosis division of the UNRRA mission to Greece reports the impression that there was only one half the amount of tubercu-

losis in the provinces as compared to the cities, and Greeks interviewed gave as their opinion that this was true of the health picture generally.

Doctors are very highly respected. There have been women doctors in Greece, as well as women dentists, for many years; but the village image of the doctor is one of a man. However, a woman is much freer to discuss gynecological difficulties with a woman physician. There is great reluctance to mention the genital areas, and many women do not even know the appropriate terms to use. The acceptance of the *metrica*, the maternity difficulties, may be partly due to the reluctance to have this general area exposed and examined.

The handicapped are not easily accepted in Greece. To be crippled, blind, lame, means that one is not quite a person. Children might even jeer at the handicapped without being reprimanded. Amputation is therefore a terrible calamity, because it makes a person incomplete. Such a person cannot be accorded the respect that goes with the ability to assume responsibility. Parents may discourage their daughter from marrying a one-armed man whom they otherwise like in every respect, and who is perfectly capable of making a good living. Such people are assumed to be dependent. Greeks were bewildered by an UNRRA one-armed worker. Not only was he in the wrong function, but he could not fall into any known pattern of relationship, since he insisted on being physically self-sufficient. Since he would not accept help, the Greeks were uncomfortable with him, not knowing how to treat him.

Malaria, the great scourge which increased tuberculosis through lowering resistance, and which decreased production by sapping the energy, is now almost completely defeated by the spectacular DDT campaign. In the beginning of the campaign, the specialists, unaware of the peasants' love of sleeping in their orchards on hot summer nights, sprayed only the interiors of houses; when breeding grounds were also attacked, however, the campaign was totally effective, and has been of inestimable value for the introduction of further changes, since it won the confidence of the people.

Traditionally, there is no connexion between hygienic measures and health. Cleanliness is part of being well-ordered and well-groomed, not a matter of removing germs. And cleanliness is patterned. There is a day for scrubbing the kitchen floor, for changing sheets, for changing underwear, for going to the bath; there is a time for washing the face and the hands. There were never many latrines in rural areas and the situation has been aggravated through the war; in 1948, it was reported that 98 per cent of the farmers had no latrines.

NUTRITION

The Greek meal is a family ritual. It is a social occasion, a communion of the family, which does not have to be enhanced by special